

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If Kitchener put up \$1 million
toward a community project, what
would you like to see done?



"A program for kids to get involved in sports."

Ivan Adamson,
49, is a
graphic designer

"Parks and recreation
for children – anything
towards helping the kids
they are not future."

Joe Durg,
44, is a
student

Conestoga College



"A public school special
being in 20 schools."

Michael Hansen,
40, is a
teacher

"Improve public transit
wait times."

Mike Finn,
40, is a
student



"A high rail transportation
that connects the whole
region."

Mike Hansen,
40, is a
teacher



"Greater involvement in start
up time."

Steve Hapke,
40, is a
student

Steve Hansen, 40, is a teacher



By Catherine, a group of students, look at a display of the world at Conestoga during Cultural Centre by Steve. It features photos of the world as seen from where they were from.

Culture celebrated

BY CALIE MORGENTHAU

There are 68 different countries represented within the student population of Conestoga College. To celebrate the wide variety of differences and similarities among the student body, Student Life, along with 18 other departments, hosted Cultural Diversity Week from Feb. 18 to 25 each group put on activities to engage and educate students about different cultures.

"We definitely have diverse populations at Conestoga and we do want to celebrate it and learn from it," Student Life coordinator is the college. "We have a huge variety of international students in particular. A lot of the time there is home-sickness involved as they are at a new university and celebrating Canadian culture that sometimes it is nice to try to learn more about their culture and show that we are taking a step forward to end, to go out of our way to learn and engage about their culture as well."

Some partners who were involved in the week offered activities in their offices during the week. Also students in classes got together and showcased different cultures making displays that were showcased.

"They usually take a culture or a country that they identify with or feel connected to learning more about and take an aspect of that culture or something like arts, traditions and music, food, clothing or food and eat."

and they do a presentation as a class and 'The display is full of information about the specific themes they have chosen and their information is supposed to be a way to get students engaged on that topic."

On Feb. 25, Knapthorne Adams, a first-year human services foundation student, took part in the event and represented her own country, Sri Lanka.

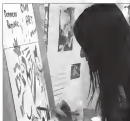
"It's Cultural Diversity Week is important because I like to talk about my country more. It has a lot of different cultures and things to talk about," Adams said.

The main focus of the week was the displays, which were

done by students in different programs of the school.

"I don't have any feedback about the event, an example that because we do still really try to take that into consideration when planning multiple Cultural Diversity Weeks throughout the year. We try to prove it each time so any participation or any feedback is definitely appreciated," Black said.

The event was run twice a year at the fall and winter semesters. Any student interested in participating in the future is encouraged to contact Student Life. They are located across from Tim Hortons on the second level.



By Catherine, an entrance to the Cultural Centre during Cultural Diversity Week. It features photos of the world as seen from where they were from.

Legacy, lunch and a lecture featured at gallery

BY KELLEY DUNBAR

On the second Thursday of every month the Homer Watson House and Gallery opens its unique doors and invites guests to come in and enjoy a lecture about the man, his art and influence on the city.

The City of Kitchener's commitment to cultural heritage planning, Leon Benenson, will be speaking at the gallery about conserving cultural heritage and water on Thursday, March 13. The lecture begins at noon and the admission fee is \$12. All of the proceeds go to the gallery's children's programs. Lectures are about 40 minutes followed by a 20-minute question and answer period.

The Homer Watson House and Gallery is holding these lectures in order to create awareness of the culture and heritage of our city.

"These lectures will give our guests more tools to enjoy and appreciate art, because if you don't know what your looking at it is sometimes hard to enjoy it," said Paula Hurlinger, executive director of the gallery.

The lecture lecture series will help people get the most out of art, culture and heritage. Guests will learn to understand various architectural styles and even politics from the museum's collection.

Hurlinger said she could talk about the historic art at Homer Watson in every lecture because there is enough information about him to share however they



PHOTO BY KELLEY DUNBAR

Leon Benenson looks out over the historic landscape surrounding the Homer Watson House and Gallery. Benenson is the City of Kitchener's co-ordinator of cultural heritage planning and the next guest speaker at the gallery's lecture on Thursday, March 13.

will have other guest speakers in the upcoming months. For example, Ben Franklin will talk and democrats have been known how to draw pictures in April and in May Don Stoltz's manager of the Grand River Conservation Authority will talk about the GRCA anniversary of the

Grand River being designated a Canadian heritage river. Benenson is the owner of the Waterloo Region Heritage Foundation. Kelly Thomas, Award of Excellence for his outstanding contributions to the city. At the City of Kitchener's first heritage planter, Benenson has seen

the change in the heritage preservation community throughout the years.

Benenson volunteered to be the president in 1992 and has been working for the city ever since.

"I was part of a round table of municipality heritage planners and we meet twice a

year. Today when we meet there is a good 80 or 90 of us."

When I started in the early 90s we all sat around one table. There were probably eight of us. It has really grown in terms of size and now we have two heritage planners within our municipality. Benenson said.



Proceeds from the Homer Watson House and Gallery's lecture go to the gallery and children's programs.



Paula Hurlinger (photo left) and Kelly Thomas are shown with Leon Benenson at the Homer Watson House and Gallery. Benenson will be speaking there on Thursday.

LRT not a hit

By Robert Caldwell

Light Rail Transit, said not be making us any way to Cambridge and no residents are fleeing. Three mayor Doug Gray told 250 Metro on March 4 that some residents want to see the city separate from the region over this issue.

However, Gray said "You just simply can't withdraw from the Region, that's a personal jurisdiction and that's a constitutional and legal process. I've been getting a number of e-mails from residents in Cambridge. I think what it has to be understood — people in Cambridge are angry about this."

Residents have every right to be upset. Think about it. — a place your friends going out to watch a movie and expecting you to pay for everything even though you weren't invited to watch with them. That's just not fair.

Geographically speaking, Cambridge can't join LRT. The Province and Metrolinx own the city so they are precluded from being able to meet the region's criteria for extending the LRT there. In contrast, they are getting expansion issues.

LRT is expected to cost \$1.5 billion, which will cover construction, design, finance, operation and maintenance. It and the bus expansion will be paid for by a tax increase of up to 10 per cent spread over eight years.

According to Thomas Robinson, the region's commissioner of transportation and environmental services, the construction alone will cost \$500 million. He also said money will be spent on infrastructure and land purchases.

The Light Rail Transit construction will begin any where from late summer to next year.

Robinson and Robinson will be transferred by 10 members of LRT (from from Cambridge Mall located in Waterloo) all the way to Pearson Park Mall located in Richmond.

"This is a major Robinson and Robinson plan with a billion in Cambridge. Gray told the Cambridge Times Gray said the LRT is the highest on the table and it has had a serious effect on the 2014 budget. It has taken up too much time and has consumed too many resources."

"What is the money made of transportation in the wrong place at the wrong time and at the wrong time Gray said."

Cambridge residents shouldn't be expected to pay for something they didn't want. After all, none of the knowledge in the region will financially contribute as they will be receiving the service.

The news here repeats the position of the newspaper not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. We accept letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit letters for publication.

Email letters to: spoke@spoke.com with the subject line "Letter to the Editor" or bring them in Room 2020 at the Journalism Centre.



Ellen DeGeneres hosted the Oscars, surprising everyone with her humor

Art in a virtual world



Brian Chiswell
Spokane

Are video games art? It's a question I've heard asked more and more in recent months because of how both technology for video games has advanced, making it possible to immerse the player in a world much more than ever before, and also because games are beginning to tell much more meaningful stories than just war or crime. Just because games are beginning to tell much more meaningful stories than just war or crime doesn't mean that all games are like that. Games like the Last of Us or BioShock Infinite have games told in the past year were praised for their gripping storytelling over all other mechanics of the game by some reviewers.

And other indie developers such as Limbo, Bend Sin and others have released to us "art games" by using art as a way to tell stories. When we referred to an "art game" and to someone who has games up right in the middle of the punky boom. I would say that there have always been games that can be called art. According to the Canadian Oxford Dictionary art is "the creative expression of human creativity concerned with the production of objects or designs, usually in a visual form."



Video games do this description perfectly. They are filled with creative ideas and emotions, and often times have the ability to move and trigger emotions in the player.

Video games are also much more numerous than other mediums. When you look at a painting you often see the settings. Some can get lost in the colors and the mood depicted on the canvas. Movies and books tell you a story and get you involved in their characters. But video games put you in the characters. Every decision that the character makes (even those predetermined decisions) are all yours. A good game can put you in the shoes of the character and make you feel his own emotions or excitement. For example, a hero can feel like there will be one you because when you see a

hero and you choose. But in a horror-themed video game like Resident Evil you are in control of the situation. This makes it much more involving than any film because you are experiencing an episode through the character rather than watching someone else experience it.

And with ever-advancing technology it is becoming much easier for developers to create worlds that look more realistic and that stories in a more accessible way through video games as opposed to text books. This is why the question

"Are video games art?" has been asked more and more recently because video games have become more accessible and people are beginning to recognize the strength in storytelling and immersion of games.

Is video art the answer? Game people still hold that video games can put you in a world that can immerse you for a couple of hours before they tell them to go to bed. But for those of us who play these games and understand their impact, that's not the answer.

SPOKE

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Red light camera: Proceed with caution

BY ANDREW LUKATEL

You're approaching the intersection at a speed of 60 mph when you see the sign above the light turns yellow. You get your foot off the gas and you begin to brake, but the person driving the pickup on the lane beside you has other plans. Flushing it to the lane to beat the red, but the light changes just before he hits the intersection and he is forced to brake — putting non-ended by another vehicle in the process.

"Wouldn't you blame?" the cop driving the pickup. "The camera's broken so much that he mistook his own red-lighting and ended up with one?"

Red light cameras were first introduced to Waterloo Region in 2004 with more installed in later years. Designed to take H/W intersections more serious by preventing single red-light collisions, these photographs running a red are subject to a stiff penalty fine.

There are 18 cameras currently in operation, at nine intersections around the region, and it looks like they're been doing their job. Tickets were issued to 1,526 and light cameras in 2005 with \$100 issued in 2005.

One thing everyone seems to agree on is the fact that revenue generated by red light cameras goes right into region of coffers. This allowed the regional government to raise a cool \$5 million in 2005 from ticket money alone.

It's not quite as simple as it sounds. The region has no property taxes with the money in 2005 the budget allocated to raise taxes was \$360,000.

According to the U.S. Transportation Research Board, however, property tax rates are not where the money should be going if all cities want a more positive response to the cameras. The board suggested revenue generated by red light cameras go toward traffic safety projects.

"Otherwise, the board stated, the public may perceive the program as being run for creating revenue instead of improving safety."

But how does the public perceive the program?

Many H/W residents see red light cameras as a fair and accurate way to make sure speeders are disciplined for their actions, and with good reason. According to Waterloo

Transportation Engineering Manager, Mike Henderson, "Red light cameras have reduced angle collisions caused by displaying traffic control in the direction the camera enforces by 37 to 39 per cent."

Henderson also pointed out that the cameras have reduced turning collisions overall at intersections fitted with them.

However, there are also many residents who believe red light cameras shouldn't be used.

"Red light cameras are a cash grab," said Terence Avery, a Waterloo resident. "If you walk into the red even a little bit, no people around, nobody's going to get hurt, but you get stuck with a huge fine."

"The ridiculous fine level of operation is not reasonable and not totally negotiable."

For instance, according to recently collected Waterloo

"Red light cameras are a cash grab."

— Terence Avery

Transportation data, most equipped with cameras have increased from 33 to 46 per cent. This has led to an increase in injuries and deaths, though there injuries are less fatal.

A small increase in injuries and deaths in left-turn crashes created some speculation by the Waterloo Region Board as to whether cameras may drive too aggressively out of line of being tolerated if the light turns red while they remain stuck in a left-turn lane. According to Bob Henderson, this is a safeguard view.

These information reported when cameras turn left is not available at present.

It's assumed that drivers are leaving left lanes approximately 100 feet before the line of red light camera take-off. Henderson said in an email.

"There is no conclusive evidence that suggests the change was effectively a result of the camera."

Is the camera making drivers nervous? But those drivers have become significantly better off than being 30 boxed or side-swiped. It seems that the big problem is the simple fear of being ticketed.

Driver nervous appears to be the case here. According to Cambridge student, Dave Davidson agrees. The second year music business student

would be almost feel somebody at an intersection because young drivers through the yellow light from anxiety.

"I pulled up to a yellow light coming back from school, it was a really my day to end."

"I'd thought to myself, 'I know that and light, but a camera in it, so I didn't want to go through it and I stopped, but when it was on my way out, it was a bit, almost again, but I nearly clipped a guy just because I was so worried about being hit by it."

It seems that, as long as many drivers fear and dis- trust red light cameras there will always be nervous in the at the wheel.



PHOTO BY ANDREW LUKATEL

While you're on camera, this red light camera at Pioneer Drive and Huron Street in Waterloo is just one of 18 in operation around Waterloo Region.



Watch for these friendly red light camera warnings.

Titular Rectory Uranus

These words sound dirty, but aren't.
And neither are the conversations started by:

The Science of Sexuality



It's time for the talk.

Families dig dinosaurs

Crusher and Jack make Bingemans' wild weekend guest list

By Peter H. Rasmussen

Little Boy's Republic Zoo, which is based in Ontario, has partnered with the Canada and Ontario governments to present "Dinosaurs Past and Present" as a breeding show throughout southwestern Ontario. Over 90 per cent of the exhibits inside have been given to Little Boy's by the Society for the Preservation of Canada's Animals (SPCA), a non-profit group of and behind government and individuals working together to save the animals.

The event was free for children, four for \$10, and \$20 for adults. The zoo is a family of four. With the goal of "breeding back" and global conservation initiatives and responsible pet ownership, attendees young and old could mark getting an education — the cause of the exhibit group that shows these birds and dinosaurs fall under a lot of these birds. Most attendees left impressed and satisfied at reaching the end of the show of an all-day event, from 9 a.m. to 5 p.m. on a Saturday — an unusual opportunity for the region's residents.

The show's residents also included night-dwelling species of birds of prey — including owls, eagles, hawks and falcons — and each took their turn flying around the room, causing discomfort and excitement for attendees.

With staff members taking turns interacting with each animal and sharing information about them, the range of animals involved keeps the exhibit and staff's knowledge from becoming too narrow.

The demonstrators, Matthew Morgan, among the range of reptiles to the exhibit, provides a sense of nostalgia for his own childhood curiosity about wild life.

"For young kids, they usually try to reach out and touch the birds and the slightly older kids they ask them, 'I mean, they seem to be in these birds up close, they only ever get to see them when they're flying around because when they're taking they don't want to be seen.'"

"It's a lot where you finally get to see something up close — it's interesting and amazing even though I'm probably connecting it to my own."

"But I think kids like seeing these things up close so they can really see what's going on on their backsides."



Sam Hennessey wears a longhorn around during a hands-on exhibit at Bingemans.



Even with the birds and reptiles in the exhibit, the exhibit also includes a variety of other animals.



Animal educator Peter Durfee interacts with the audience on that day. The exhibit is used to show children the results of the breeding show and the results of the exhibit. It is a fun way for children to learn about the exhibit and the results of the exhibit.



Durfee's attention about the exhibit is a fun way for children to learn about the exhibit and the results of the exhibit. It is a fun way for children to learn about the exhibit and the results of the exhibit.

Creativity at the Kwartzlab

BY JENNIFER BAKER

Deviantart's innovation co-ordinator.

The Kwartzlab Workshop is a familiar sight for anyone who frequently visits down town Vancouver. The building (somewhat) intimately and often breaking at first glance — has taken a long time and pushed itself forward in a creative world of intriguing scenarios, changing orbits and formats, and lots of fun. The walls are decorated from floor to ceiling with projects, photos, interesting newspaper pictures and the artistic creations of Kwartzlab members.

Kwartzlab, founded in 2001 as a place where creative minds can get together and make things (simple things like a parking "T-shirt" or even more complex things like a laser printed sculpture, some paper program or a book).

"Anything to do with art, design or happy support, and Dave Channing, chair of the board at Kwartzlab." "We want more people to have access to the tools to create what they want — what they would not put together."

He said Kwartzlab and its members actively support all of your self projects and open access hardware and software.

Kwartzlab isn't just a place to learn — it's a place to learn. Events hosted by Kwartzlab members are held regularly at the lab itself or at other locations in Vancouver and visitors are always welcome to stop by, learn and create. Some recent events included a Paper Cuts where visitors brought their ink and a workshop where visitors brought their ink and a workshop where visitors brought their ink and a workshop where visitors brought their ink.



PHOTO BY JENNIFER BAKER

Kwartzlab program director Jennifer Baker (center) is with other "hackers" in a small studio while using 3D printing.

own designs or those of their own into a small studio and a little time, some of the people who are working on it.

"It was a lot of fun, and Kwartzlab's program director, Jennifer Baker, said 'What if the people who started up their own projects but they all left a person'."

Events like these are held often at Kwartzlab and every week there are regular events for the public and members alike. Every

Thursday at 7 pm is "Thursday Open Night," where anyone can bring in anything they're working on and use the lab's variety of tools and resources.

Thursday at 7 pm is "THUG Living Your Own Crazy Night" — where anyone can bring in anything they're working on and use the lab's variety of tools and resources.

Every once in a while an especially quality and fun event takes place at the lab — some new things like "Thursday Day" where a presentation will be given about how to create things and use Friday is "The Day Party" — 3D printing where visitors will be the first to see the

printer and get something in return of 3D Day.

"The lab has been extremely helpful in making projects — both for fun and work and Catherine Halverson, a Kwartzlab member and guest student who uses the lab for school work. "It's a great place to have access to these resources."

Kwartzlab has resources in abundance — any tool you can imagine for any project is available. Building tools, wood, metal, glass, paper, and more, along with many laser cutters and printers. Anyone who wants to work with their hands will

find a home at the Kwartzlab.

"It's a great community space and Michael Dinkler who was hosting Open Data Day at the lab. The day was organized to bring together software developers to share ideas and work on open

The website, the device, the quality and the content are all excellent with open access and friendly smiles. If you count yourself among them, be sure to check out their website — www.kwartzlab.org — to see upcoming events or just drop by the lab and make them yourself.



Computer software designers get together at Kwartzlab for Open Data Day on Feb. 22.



"3D Print" is one of Kwartzlab's laser printers used for printing.

Freezing for a reason

BY BRUCE SHANPER

The temperature was a bone-chilling -14°C with a wind chill making it feel more like -27°C as we were shivering on the water and even the spectators, who were bundled tightly in their winter coats, were shivering in their beds.

All this however was still not enough to prevent 37 brave Chazyville College students, staff and faculty from taking a "polar plunge" on the midnight by the pond on Feb. 28 into a freezing pool of water to raise money for the Breast Cancer Society of Canada.

"It's funny I don't go in the pool in the summer and now I'm doing this fourth-year architecture — property and facility management student Jeremy Schoenbrunn and following his jump."

Every year the event held by Chazyville students has given students the opportunity to have some fun by sporting wacky costumes and doing something they normally wouldn't do all while supporting a good cause. Jessica Pratt, a first-year personal support worker student and one of the leaders of this event, with her eye-catching blue and red costume as well as with her teaching us how to take part.

"I'm doing this plunge because my grandma is a breast cancer survivor and I want to support my family."

Several years earlier, Jessica's grandfather, Alex Martin, had a similar costume idea as "Polar Plunge" on the water. He had turned into a man of straw and she, like the spectators, just wanted to help out.

"I'm doing this because it's a good cause and you have to fight the fight that most fighting and cancer is one of them. Martin said in his last breaths were."

During the students' first three jumps, the crowd energy was palpable with loud cheers and nervous ribs.

First-year general arts and science — health option student Jessica Schoenbrunn, who was doing the plunge because she knew people affected by breast cancer included the students first, as she stood in line waiting her turn. "I have the best job right now."

However, the most of the students who participated Schoenbrunn and she "jump" and would do it again any day.

Last year the Polar Plunge had 20 jumpers and raised \$1,000 for breast cancer research.

The total figure for this year will not be known until March when all sponsorship money and donations are in.



Chazyville College Inc. held the Annual Polar Plunge on Feb. 28 at the College. One of the colorful plungers, user Twentyseven, took a jump into an icy pool in the courtyard. Above is just one of the colorful characters who took part in the event.

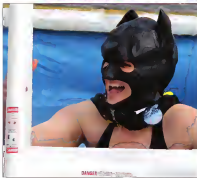
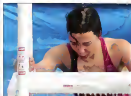
PHOTOS BY HAILEY MERRIT



PHOTO BY BRUCE SHANPER

Chazyville College students (Jason Smith left) and (Jason Smith right), both first-year students, took a jump into the icy pool. Above is just one of the colorful plungers who took part in the event. Above is just one of the colorful characters who took part in the event.





Comedian (Clockwise from a) annual Polar Plunge down the creek, and the many (Clockwise dressed as superheroes and other fictional characters) were in attendance.

PHOTO BY WALTER WERNER



REASON #15

ACCOUNTABILITY

"To be accountable for the actions of my student association"



Pick up your director package at the CSO office on your campus, or call us at conestogastudents.com/directors. For more information, visit the CSO office on campus, or email Sharon.Ward@csocoll.edu

Director Packages will be made available February 24, 2014 and will need to be picked up by March 6, 2014 at any time at the CSO office.



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Go blue and bald for the cure

BY BARBET BERRY

Two beer pong blue for seven years a row. People at the offshoot of the Papa Smurf and Jingles Make A Wish supporter Norm Lindsay.

"I just want to see the fun of people getting their head shaved. It's going to be a good time," said Robert, President of Ontario College students and Go Blue! Go Bald! Fund-raiser.

Make A Wish Southwestern Ontario held their annual Go Blue! Go Bald! event on March 1 at Kitchener Commons on Wednesday.

This colourful charity event began eight years ago in London. On a quickly sold out and expanded into Windsor and Kitchener the following year.

Go Blue! Go Bald! is a family fun event where people go blue bald or both to raise awareness and show their support for the Make A Wish Foundation. Since its first event participants have raised money to help grant 150 wishes, make life threatening medical conditions in southern and Ontario.

"All hands raised in south western Ontario stay in the area to grant the wishes of local children," said Kim

Latus. Make A Wish was born out of special events.

The charitable offer was hosted by George from KJFON at 5 PM and included a silent auction, food stations and live singing. George raised \$250 by promising to shave his eyebrows, beard and head on air. Go Blue! Go Bald! was previously held at the Regent of Waterloo International Airport.

"This was the first year the event was held at the Kitchener Commons and we absolutely loved the new venue," Latus said.

Last year Go Blue! Go Bald! helped grant six-year-old Alex Fischer's wish, which took him and his family of eight on a magical Disney World vacation. Alex and his five-year-old sister Delia both have eye disabilities.

"Delia is in the process of having a wish granted but has yet to decide on what she will be wishing for," Latus said.

The average cost of a wish is \$5,000. This cost includes the person and siblings in the wish experience.

Gray Fischer spoke about the positive difference fulfilling a wish makes in a child's life.

"For a moment it made us forget about everything

about the 50 pills Alex and Delia swallow every day — that's on a good day — and the hours of therapy they go through each and every day," Fischer said.

"Lots of participants go blue, you raised in support of our four-year-old wish kids," Latus said.

"We encourage every one to get involved when it works best for them anytime throughout the year. There are many ways they can get involved without signing (your) hair blue or shaving it off."

Some ideas suggested on the Go Blue! Go Bald! website are to have a blue hair salon, blue pizza day or sell blue paper plates in support of Make A Wish.

"We put want everyone to be involved, have fun and go blue to help make more wish come true across south western Ontario," Latus said.

Approximately \$20,000 was raised at the Kitchener event this year.

"We are thankful with every one's amazing support of Make A Wish," Latus said. To learn more about participating your own Go Blue! Go Bald fundraiser, contact Kim Latus at kim.latus@makeawish.ca.



PHOTO BY BARBET BERRY

A young boy happily showed his blue head off for the Go Blue! Go Bald! event at Kitchener Commons.



Carla from KJFON 50.5 Photo shows love at Go Blue! Go Bald!

WORKSHOP WEDNESDAY

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Learning Skills



PHOTO BY BARRY SHAW

A Story of Canadian Art: As told by the Hart House Collection, features many paintings by Thomas Charles Jarvis such as the Group of Seven.

K-W Art Gallery more than just exhibits

BY BARRY SHAW

If you are interested in the arts, Kitchener Waterloo has a place for you. The Kitchener Waterloo Art Gallery is home to a wide variety of art shows for people who like to dip their toes in art or for those who like to jump right in.

The gallery is currently hosting a number of exhibits such as the Home Problem. This exhibit was created by Anne Cohen and Betty Memorably. During the past few years, the past have been acknowledged for their contributions of queer history and

discussions on love and the gay.

The exhibit features video footage from various times edited together best presented across the wide expanse and a distinct wall pumped into the room. The moving behind the metal panels is based on contemporary, modernized images and a strong desire to connect with a collective past.

"They work together with found footage from films, some that you would recognize some that are obscure, some of their own footage and they edit them together beautifully with a really

porous soundtrack. Then they make an experience and this adds the narrations to enhance of the Kitchener Waterloo Art Gallery.

Another exhibit currently on display is *A Story of Canadian Art: As told by the Hart House Collection*. This exhibit is the first time in around 30 years that Canadian art is an individual work of famous Canadian art from the Hart House collection such as the Group of Seven and Lawrence Alma-Tadema. Important pieces have been brought from the University of Toronto

The exhibit gives the audience a chance to learn about the evolution of Canadian art and cultural history from the first half of the 20th century.

Along with a wide variety of exhibits, the Kitchener Waterloo Art Gallery offers a large selection of programs. A full list can be found at www.kwagallery.com. Some of the current programs include Coffee Tasting in Appreciation, a \$10 course that develops a personal knowledge of coffee and teaches how to appreciate it, using the live roasters. There is also a course called

Workshop for Artists: Live to Black on Key Shop, a \$10 course that teaches artists the basics on how to start an Etsy account, which is a website where you can buy and sell all things handmade vintage, art and supplies.

The gallery is free to visit and explore and is open until 5 pm on Thursdays, making it the perfect date night destination. The rest of the weekly hours can be found at the Kitchener Waterloo Art Gallery's website. The gallery is located at 340 Queen St. W. Kitchener. Call 519-579-6800 or email info@kwagallery.com for more information.

LEARNING
COMMONS



Pi Day

Answer one of our π trivia questions to win free pie!



March 14, 2014

Doon @ SLC: 11am – 1pm

Cambridge @ Cafeteria: 12pm – 2pm



Photo by Dr. Bruce Chinnell

Eugene Pelroy, James Molloy and Steven Wang work on HomeFed, preparing for its launch.

COUNSELLOR'S CORNER:

Stress and Stress Management Part 2: Coping with Stress



In part 1, we discussed that stress is the cathedral change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.

If you failed the first test of a course, decide what you can do to increase your chance of success next time.

- What can you change? Can you avoid or eliminate the stressors? Are you working too many hours? Is this interfering with your educational goals?
- Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

The presentation is only 5 minutes in length and worth 5% of your grade.

- Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health. *Cut one cup of coffee from your morning routine.*

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself, all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services.

Get yourself Homefed

BY BRUCE CHINELL

If you ever been hungry looking for a home-cooked meal but you are really looking for any of the essential ingredients required to make anything close to edible? College students have long struggled with that, even having it, not knowing how to prepare it, or just being too busy to actually cook it. HomeFed, an integrated web and mobile app, is helping students like Eugene Pelroy at helping James Molloy and Steven Wang launch an app that may alleviate this problem.

HomeFed is an app that makes it possible to find home-cooked meals in your area. They are posted by people who are looking to have a meal or looking to teach someone how to make a specific meal. People posting can also sell that meal with the maximum price being \$10.

The app also features live other social media websites such as Twitter and Facebook by its home position. It that feature allows messaging as well as an offline ID that will confirm a person on their government issued ID to confirm that and prevent a falsifying anything other on her profile.

Our target audience is home-cooked food as well as people who want to share their food creations, said Molloy, who is the lead designer on the project. Wang added: "We have also had a list of order-in, from university students. We have been in talks with Chonayaga College's canteen."

school.

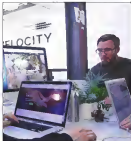
HomeFed was also described by Wang as a social experience something that can bring people together through the means of a home-cooked meal.

"A lot of our users are telling us that their answers is food said Wang. "And they are also really interested in meeting like-minded people who really like food. And that is an area where we can bring those people together."

The HomeFed team is also hoping that their app will appeal to students both as a social experience and as a way to get an affordable meal. Molloy said: "There will be students who are really good cooks or ones that are foodies as well as students who are new to a town and want to request their meal order. It is a really great opportunity for them. Also, if a student is away from home and they want a home-cooked meal they can get something like that. Because when you as a student you basically just eat whatever you can get your hands on."

"The philosophy is that anyone can be a good cook," said Molloy. "You just have to find that one dish that you can easily get at."

HomeFed is currently in its beta stage of development, and is open to anyone who wants to sign up and test it out. Go to www.gethomefed.com if interested. The HomeFed product is slated for release in the spring for Android and iOS according to the app's content.



HomeFed is an app that helps students find home-cooked meals in their area.

**HOROSCOPE**

Week of March 20, 2014

**Aries**
March 21 -
April 19

A hand is constantly asking for your help. Let them do things for themselves. **This weekend:** Go your own way.

**Taurus**
April 20 -
May 20

Things are looking dark right now but perseverance will help guide you into the light. **This weekend:** Brighten.

**Gemini**
May 21 -
June 21

Your ability to be charming and likable will earn you lots of friends. **This weekend:** Be kind.

**Cancer**
June 22 -
July 22

Don't be worried about how people perceive you. Know who you are and own it. **This weekend:** Confident.

**Leo**
July 23 -
August 22

You have dreams but you will not forget. Time to let the past go. **This weekend:** Release.

**Virgo**
August 23 -
September 22

You have the tendency to speak people. It may hurt them more than you think. **This weekend:** Be silent.

**Libra**
September 23 -
October 22

Your work environment is starting to get into a better season with. Keep the positivity up around the office. **This weekend:** Smooth sailing.

**Scorpio**
October 23 -
November 21

Your intuition is your compass. Follow it and you will find on the right direction. **This weekend:** Follow your gut.

**Sagittarius**
November 22 -
December 21

Don't lose track of your inner child. They will keep your life light and joyful. **This weekend:** Open it up.

**Capricorn**
December 22 -
January 19

Take a step back. You have become overwhelmed with your schedule. Take a break and recharge. **This weekend:** Nap.

**Aquarius**
January 20 -
February 18

Don't always let people know your heart. Get out there and try something new. **This weekend:** Get out.

**Pisces**
February 19 -
March 20

Other people's emotions around you are impacting how you feel. Don't forget to take care of your feelings first. **This weekend:** Be kind.



This is not a good start to Cliff Gordon's week.

Oh Cliff**Useless Facts**

No one really knows when doughnuts were invented or who invented them.

Chicken today contains 96% fat more fat than it did 48 years ago.

Being stressed makes you live longer.

Coffee is the world's most addictive drug.

Cats have zero fat content.

Grapes explode when you put them in the microwave. You have been warned!

Sudoku Puzzle

	3	9		6		2		8
6	4		9		8			3
1				4	5	6		7
	2		5	8				4
4		3	2		9	8		1
7		8		3		9	2	
8		5	4		2			6
3		4	6		7		8	
2				5		4	7	9

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search**Minerals and Rock**

N	A	M	S	A	R	L	C	U	D	I	A	R	O	N	D	AGATE
Y	T	Q	P	C	A	R	B	O	N	A	T	E	J	H	R	AQUATE
W	J	N	H	U	W	B	L	E	T	L	Y	D	C	Q	R	BASALT
I	Q	O	X	N	M	Y	R	S	T	Z	I	A	Z	L	Y	CALCITE
B	Z	G	R	A	N	I	T	E	A	C	T	C	U	A	T	CARBONATE
C	R	Y	S	T	A	L	C	M	R	N	H	I	M	R	F	CONGLOMERATE
E	N	O	T	S	E	M	E	L	E	O	R	G	E	P		CRYSTAL
E	L	B	E	F	A	Y	C	M	S	P	A	N	Q			DIAMOND
J	A	S	P	E	R	R	U	P	O	T	F	R	L	I	A	GEM
T	S	N	O	U	R	S	U	E	L	C	H	O	E	R	E	ONICES
A	H	J	D	A	W	L	A	S	S	A	E	M	N	U	S	GRANITE
X	S	Z	S	J	R	E	S	I	N	L	R	A	A	A	Q	DANOLITE
B	I	A	Z	U	R	I	T	E	O	C	E	T	X	H	Y	JASPER
H	L	E	B	E	O	U	S	S	I	G	E	M	J	X		LAVA
T	P	S	Z	Y	E	T	A	S	A	T	U	M	J	B	S	LIMESTONE
B	Q	L	A	V	A	S	S	I	E	N	G	R	I	Q		LITHOMERSE



Lady Celeste is like a girl taken out of this world and married to a girl.

CONESTOGA
STUDENTS INC.

CONESTOGA
Continuals and Learning

It's that time of year again...
The Annual

STUDENT FEEDBACK



Over
\$800 in
PRIZES
to be won!

(AND A SPECIAL
EARLY BIRD DRAW!)

TIM CARDS, PREPAID VISAS,
BOOKSTORE GIFT CARDS
AND MUCH MORE!

CSI and various Conestoga departments have teamed up once again to gather student feedback and input. That means we're giving away over \$800 in great prizes to those who take between 10-20 minutes to fill out our survey – so make sure you do!

Watch your Conestoga email for your invitation in early March. Fill out the survey, and be entered to win!

Questions? Contact:
institutionalresearch@conestoga.on.ca

MARCH 10TH–19TH